

BEDTIME BASICS

SLEEP IN CHILDREN



HOW MUCH SLEEP DOES MY CHILD NEED?

4-12 months 12-16 hours including nap

1-2 years 11-14 hours including nap

3-5 years 10-13 hours including nap

6-12 years 9-12 hours

13-18 years 8-10 hours



PROMOTE GOOD SLEEP



Exercise daily



Avoid caffeine



Stick to a bedtime routine



Turn off screens one hour before bed



Make the room cool, dark, and quiet

Click here for more helpful tips!

EFFECTS OF GOOD SLEEP

INCREASES

Attention

Memory

Problem Solving

Creativity

Focus

Emotional Regulation

Behavior Problems

Irritability

Aggression

Obesity

Hyperactivity

Forgetfulness

Headaches

Depression

DECREASES